

FUZE FIT FOODS

FIT CODE 6 WEEK CHALLENGE MEAL PLAN MENU

BREAKFAST

STEEL CUT OATMEAL WITH FRESH BERRIES	\$5
EGG WHITE OMELETTE WITH VEGGIES AND ROASTED SWEET POTATOES	\$7
VEGETABLE HASH(KALE, ONIONS, SWEET POTATOES AND EGG)	\$7
EGG WHITES ADD +1	\$7
BREAKFAST BOWL (LEAN GROUND TURKEY, BROWN RICE AND EGG)	\$7

ALA CARTE

2 EGGS(SCRAMBLED OR BOILED)	\$2
3 EGG WHITES	\$3
EGG WHITE OMELET W/VEGGIES	\$4
STEEL CUT OATMEAL	\$3
FRESH BERRIES CUP	\$4
ROASTED SWEET POTATOES	\$3

READY MEALS

GROUND TURKEY AND SPAGETTI SQUASH W/ MIXED GREEN SALAD	\$11
BEANLESS TURKEY CHILI W/ SPINACH SALAD	\$10
GROUND TURKEY ASIAN LETTUCE WRAPS WITH GRILLED VEGGIES	
HERB ROASTED CHICKEN(WILD RICE, SUNDRIED TOMATOES AND BROCCOLI)	\$11
CILANTRO LIME TURKEY BOWL(LEAN GROUND TURKEY, TOASTED GARLIC, LIME JUICE, CILANTRO WITH QUINOA AND ASPARAGUS)	\$11
PAN SEARED SALMON WITH BUTTERNUT SQUASH AND ZUCCCHINI	\$13
GRILLED TURKEY MEATLOAF WITH MASHED CAULIFLOWER AND GREEN BEANS	\$12
LEMON TURKEY CUTLETS WITHBROWN RICE AND ASPARAGUS	\$11
PALEO WRAP(HUMMUS(ZUCCHINNI OR RED PEPPER) SPREAD WITH GRILLED CHICKEN AND FRESH VEGGIES)	\$8
ADD STEAK +2 ADD SALMON +2 ADD SHRIMP +3	

SNACKS

RAW VEGGIES	\$4
ROASTED NUTS	\$3
BAKED KALE CHIPS	\$3
FRESH BERRIES CUP	\$4
BOILED EGG, ZUCCHINI HUMMUS W/ VEGGIES	\$5
TABOULEH SALAD(BULGUR WHEAT, CUCUMBER, TOMATOES, MINT, GARLIC AND LEMON JUICE)	\$5

SALADS

SOUTHWESTERN SALAD(GRILLED CHICKEN, MIXED GREENS, RED QUINOA, TOMATOES, GREEN PEPPERS AND CHIPOLTLE VINIAGRETTE)	\$8
ADD STEAK + 2 ADD SALMON +2 ADD SHRIMP +3	
SPINACH SALAD(GRILLED CHICKEN, TOASTED ALMONDS, BLUEBERRIES, STRAWBERRIES AND LEMON VINAIGRETTE)	\$8
ADD STEAK + 2 ADD SALMON +2 ADD SHRIMP +3	
SIMPLE GREEN SALAD(GRILLED CHICKEN, MIXED GREENS, TOMATOES, CUCUMBERS, EGG AND RED WINE VINAIGRETTE)	\$7
ADD STEAK + 2 ADD SALMON +2 ADD SHRIMP +3	
ASIAN KALE SALAD(GRILLED CHICKEN, RED CABBAGE, BROCCOLI, GREEN ONIONS, AND SESAME GINGER VINAIGRETTE)	\$8
ADD STEAK + 2 ADD SALMON +2 ADD SHRIMP +3	
WHEAT BERRY SALAD(ROASTED SWEET POTATOES, CELERY ROOT AND TARRAGON VINAIGRETTE)*	\$8
SLAW SALAD(BRUSSEL SPROUTS, GREEN AND RED CABBAGE,CUCUMBER, RED ONIONS, SLICED ALMONDS, GARLIC, CILANTRO, LIME JUICE, OLIVE OIL)*	\$8
*VEGETARIAN/VEGAN	

CREATE YOUR OWN MEAL

CHOOSE PROTEIN

	4 OUNCES	6 OUNCES
CHICKEN(GRILLED, BLACKENED, LEMON PEPPER OR JERK)	\$10	\$12
STEAK(GRILLED, BLACKENED, LEMON PEPPER OR JERK)	\$12	\$14
SALMON(GRILLED, BLACKENED, LEMON PEPPER OR JERK)	\$12	\$14
SNAPPER(GRILLED, BLACKENED, LEMON PEPPER OR JERK)	\$12	\$14
SHRIMP(GRILLED, BLACKENED, LEMON PEPPER OR JERK)	\$13	\$15

CHOOSE CARBOHYDRATE(INCLUDED)

QUINOA
WILD RICE
BROWN RICE PILAF
ROASTED SWEET POTATOES
MASHED SWEET POTATOES
SPAGHETTI SQUASH WITH FRESH HERBS
ROASTED BUTTERNUT SQUASH

CHOOSE VEGGIES(INCLUDED)

ROASTED MIXED VEGETABLES
GRILLED ASPARGUS
STEAMED APARAGUS
SPINANCH WITH GARLIC AND OLIVE OIL
STEAMED SPINACH
ROASTED BRUSSEL SPROUTS
SAUTEED CABBAGE WITH OLIVE OIL
STEAMED BROCCOLI
SAUTEED KALE
ROASTED CAULIFLOWER
MASHED CAULIFLOWER
RAW ASSORTED VEGGIES
TOMATO, ONION AND CUCUMBER SALAD

BUY MORE SAVE MORE

3 MEALS/DAY FOR 1 WEEK 5 MEALS/DAY FOR 1 WEEK	SAVE 10%
3 MEALS/DAY FOR 2 WEEKS 5 MEALS/DAY FOR 2 WEEKS	SAVE 15%
3 MEALS/DAY FOR 1 MONTH 5 MEALS/DAY FOR 1 MONTH	SAVE 20%